

#PHYSIQUEFINISHERS
STRETCH GOALS
15-MINUTE FINISHERS

#1 SHOULDER SHOCK

EQUIPMENT NEEDED: one set of moderate weight dumbbells (DBs)

12-MIN AMRAP: (As Many Rounds/Reps As Possible) Circuit

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Dumbbell thruster	10-25 lb DBs	10	Thruster = squat then shoulder press
Dumbbell shoulder push press	Same weight^	15	Push press means adding a little hop to help
Burpees	N/A	10	Rest as needed, jump/hop at the top
Squat jumps	N/A	15	If you can't jump, default to a pulsing squat

THEN, AMRAP 3 MINUTES: pushups

Complete as many pushups as you can in 3 minutes, resting as needed, from the knees or toes

#2 PULL PLATROL

EQUIPMENT NEEDED: One pair of moderate weight DBs, and a single heavy DB

COMPLETE 4 ROUNDS OF THIS CIRCUIT FOR TIME:

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
DB lunge w/ bent-over 2-arm row	10-25 lbs,	6 each leg	Chest down on front knee + row
Plyo lunges	N/A,	12 ea leg	If cannot jump, alternate lunges in place
Alternating single DB snatch	15-35 lbs	12 ea arm	Bring 1 DB from ground to overhead in one move

#3 LOVE FOR LEGS

EQUIPMENT NEEDED: One pair of heavy DBs and one set of light DBs

15-MIN AMRAP: Complete "As Many Rounds As Possible" of this circuit in 15 minutes

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Bench step-ups*	12-25 lbs	8 ea leg	Do 8 on the R, then 8 on the L, step up, step down
Squat/Squat Jump Chain**	5-15 lbs	Chain up to 5**	Hold dumbbells down at sides
45s sprint	N/A	N/A	Treadmill or outside, OR high knees in place for 45s

*If you don't have a bench, use a chair or ottoman or 2 stairs, hold DBs down at sides

**Do 1 of each, then 2 of ea, then 3 of ea, etc until 5 of ea = 1 set

#4 DELT DOMINATION PART DEUX

EQUIPMENT NEEDED: One pair of moderate weight DBs, and one set of lighter DBs

COMPLETE 3 ROUNDS OF THIS CIRCUIT FOR TIME:

EXERCISE	WEIGHT	REPS	NOTES
DB biceps curl + press	10-25 lbs	10	Hands facing each other
DB push press	Same weight^^	10	Add a little hop to get the DBs overhead
DB half-rep push press	Same weight^^	10	Movement is from shoulders to half way up
DB front raise, bent-over fly combo	8-15 lbs	10 ea way	Alternating: do 1 front raise, then 1 rear fly = 1 rep

#5 ROW IT ALL AWAY

EQUIPMENT NEEDED: Single heavy DB, pull-up bar or alternative (TRX, bent-over DB row, assisted pull-up machine, lat pull-down)

AMRAP: 15 minutes (Complete "As Many Rounds As Possible" of this circuit in 15 minutes)

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Rowing machine*	N/A	250m	Should take around 1 min
Single arm DB row	20-40 lb DB	10 each arm	Use a bench if possible to stabilize yourself
Pull-ups	N/A or assisted	5	Can default to any pull-up/row variation

*Or 1-min cardio of your choice if you don't have access to a rowing machine

#6 BOOTY BLASTER

EQUIPMENT NEEDED: One moderate weight barbell + optional bench/box

COMPLETE 4 ROUNDS OF THIS CIRCUIT FOR TIME:

EXERCISE	WEIGHT	REPS	NOTES
Front squats	45-95*	8	Keep elbows high, abs engaged
Box jumps	N/A	10	Default to step-ups if you can't jump
Back squats	45-95	12	

*Use same barbell the whole time, the range is wide here because it will depend on fitness level

#7 BURPEE AF

EQUIPMENT NEEDED: Treadmill or spot to run/sprint, or comparable cardio machine

COMPLETE THE FOLLOWING FOR TIME:

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Run*	N/A	800m (half mile)	*If you can't run, do 4 minutes of cardio of your choice
Burpees	N/A	50	
Run	N/A	400m (quarter mile)	*If you can't run, do 2 minutes of cardio of your choice
Burpees	N/A	35	
Run	N/A	200m (1/8 mile)	*If you can't run, do 1 minute of cardio of your choice
Burpees	N/A	20	

#8 BENCHED

EQUIPMENT NEEDED: One pair of heavy dumbbells and one set of lighter DBs machine

15-MINUTE AMRAP: Complete as many rounds of this circuit as possible in 15 minutes

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Flat bench DB press	12-30 lbs	10	
Flat bench DB half-reps	Same weight^^	10	Reps are from bottom to half-way up
Flat bench DB flies	8-20 lbs	10	Slight bend in elbows, protect shoulders
Squat jumps	N/A	25	If you can't jump, default to pulsing squats

#9 BACK IN THE SADDLE

EQUIPMENT NEEDED: Treadmill or spot to run/sprint, or comparable cardio machine + one pair moderate weight DBs

COMPLETE FOR TIME: Start with a 400m (quarter mile) run, or 2 mins cardio of your choice

THEN, 3 ROUNDS OF:

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Pushup/rows	10-20 lbs	10	From knees or toes
Lunge/rows	Same weight ^^	10	Bring chest down onto front knee and row both arms
Row/fly combo	Same weight ^^	10	Bent-over position, alternate row/fly = 1 rep

THEN END WITH A 400M (QUARTER MILE) RUN, OR 2 MINS CARDIO OF YOUR CHOICE

#10 BRUTAL BODYWEIGHT

EQUIPMENT NEEDED: None

COMPLETE 4 ROUNDS OF THIS CIRCUIT FOR TIME:

EXERCISE	WEIGHT	REPS	NOTES
Squats	N/A	5	Sit back in heels, lift toes slightly
Pulsing squats	N/A	10	Reps are from bottom to half-way up
Squat jumps	N/A	15	If you can't jump, do 15 more pulses
Burpees	N/A	20	Rest as needed

#11 SHOULDER BOULDERS

EQUIPMENT NEEDED: Cardio of your choice + 1 set of moderate weight DBs

COMPLETE FOR TIME: Complete a 30 pushup "buy in" - do this once before you start the circuit below

THEN COMPLETE 6 ROUNDS OF THE FOLLOWING CIRCUIT:

EXERCISE	WEIGHT	REPS	NOTES
Sprint of your choice	N/A	1 minute	Run, row, jump rope, high knees, mountain climbers
15 DB push presses	10-30 lbs	15	Rest as needed

THEN FINISH OUT WITH A SET OF 30 PUSHUPS - REST AS NEEDED

#12 GODDESS OF GLUTES

EQUIPMENT NEEDED: a bench + one pair of moderate weight DBs

15-MIN AMRAP: Complete as many rounds of this circuit as possible in 15 minutes

EXERCISE	WEIGHT	REPS	NOTES
Bulgarian split squat	10-20 lbs	10 ea leg	Hold DBs by your sides, laces on the bench behind you
Walking lunges	Same weight ^^	10 ea leg	Hold DBs by your sides, rest as needed
New jacks	N/A	20	Alternating narrow stance + wide stance squat jumps